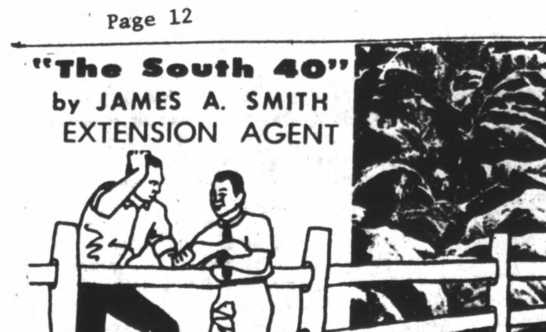
"The South 40"

by JAMES A. SMITH
EXTENSION AGENT



A number of home gardeners have called or been by to inquire, "What is causing worms in my potatoes." Actually this is nothing new - nearly every year there are similar questions asked.

The insect is the Tuberworm and is the same insect that attacks tobacco, eggplants, tomatoes, and certain weeds. The first eggs are deposited on the plant's leaves. The injury to potato leaves appear as blotch mines. Once hatched they mature in 2 to 3 weeks. As many as 5 to 6 generations may develop in a year. The damage is more severe in years of low rainfall and high temperatures.

There is no chemical control recommendations for home gardens. Once the potatoes are infested, the insect can be controlled with the use of Methyl Bromide, but this should be done only by those who are familiar with this potentially dangerous chemical and always out-of-doors.

The most practical recomendation that can be offered home gardeners is to be sure that the developing tubers are covered with at least two inches of soil.

Even though one uses Methyl bromide to kill the insect in stored potatoes, they will continue to rot. Therefore, damaged potatoes can only be salvaged by canning or freezing.

* * *

October 1976 is the wettest October since records were first kept in 1938. We've had 9.78 inches. The closest to this was 6.84 in 1954, 6.23 in 1942, and 5.20 in 1961. This condition continues to delay small grain plantings, corn and soybean harvest. In Eastern Virginia some beans have already begun to sprout in the hull. I haven't checked any here, but if it occurs the value at the market place will be impaired.

* * *

Many farmers are becoming quite concerned about lodged corn. The big question is, "Why?". This is probably a good year to take a hard look at the variety that you have planted and ask yourself, "Did it lodge last year?" "Is the amount of lodging on the increase?" If the answers are "yes", you'd better begin looking for a 1977 variety that has some standability. If the answer is "no" chalk it up to weather conditions.

Gene Krenza at N.C. State has an interesting theory of why the high amount of lodging. He says the dry weather in July resulted in water stress which caused a reduction in the photosynthetic rate in the plant. When the photosynthetic rate decreases, less carbohydrate is produced.

During the grain filling stage there is competition between the developing grain and the roots for the available carbohydrate.

As the available carbohydrate decreases either the roots or the grain suffer depending on the genetic and biochemical control. In the severely drought striken fields the grain won the battle and the roots died prematurely.

The dying was probably caused by soil microorganisms. When this occurs root rots set in, fungi invade and digest the root tissue. The results is a drowned or lodged plant.

Whether Krenza is right or not is a matter of opinion, but at least it's an interesting one.

Irregardless, many Appomattox farmers need to get their corn housed as quickly as possible because the grain can be seriously damaged if allowed to stay on the ground many days.

* * *

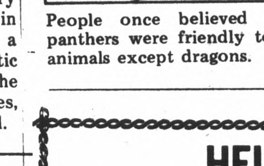
PRECIPITATION:

Last Week	.63
Month of Oct.	10.41
Nor. for Month of Oct.	2.65
This Month	0
This Year	41.87
Nor. for This Year	34.63

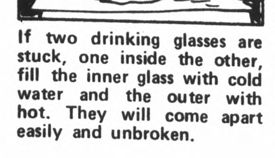
MRS. DICKERSON'S 4-H CLUB

Chris Tolley called the October meeting to order. David Varner led us in the 4-H pledge and Hursel Forbes led us in the Amrican pledge. Debbie Walker and Barry Hamlett led us in two songs. Mr. Sweet reminded us about the poster contest and the Bike-A-Thon. Mr. Sweet told us to look in the paper for details and a map. He passed out our enrollment cards so we could pick out our project books. After that Mr. Goldman gave us our projects. Mr. Sweet said that the Share-The-Fun would take place in November and he showed us slides from last year's Share-The-Fun. The meeting was adjourned.

Reporter
Malcolm Miller
Pamplin Elementary Schoool



People once believed that panthers were friendly to all animals except dragons.



If two drinking glasses are stuck, one inside the other, fill the inner glass with cold water and the outer with hot. They will come apart easily and unbroken.

Spotlight on HEALTH

Not All Pain Is The Same

Not everyone has the same threshold of pain. Some individuals feel the discomfort of a dental treatment, a burn, headache or insect sting more strongly than others. And, the conditions themselves vary in intensity. There may also be emotional and psychic factors that contribute to a person's reaction to stimuli.

For example, dentists have found that the degree of pain felt by patients with hypersensitive teeth varies. The pain may be experienced as mild discomfort by some, and as a wincing or piercing pain by others. It may be felt more intensely by those undergoing emotional stress. Some patients also react to being in the dentist's office, and because of poor conditioning, may fear the dentist, his equipment—and sometimes—his bill.

The recommendation for hypersensitive teeth—whether in reaction to heat, cold, sweet or sour foods, receding gums, or dental treatments—is often to use a special desensitizing toothpaste at home. The one most often recommended, Sensodyne, is also reported to clean and polish teeth and to remove plaque. Because toothbrushing is frequently a problem for the patient with dental hypersensitivity, the dentist may recommend the Sensodyne Gentle toothbrush, too.

Early in the relationship dentists learn how an individual reacts to the various necessary office procedures, and is able to judge how to "treat" each patient to minimize physical and emotional discomfort.

Dieting: Everybody's Doin' It

We all like to eat. In fact, eating is one of life's great pleasures.

As a result, Americans think of "diet" as a bad word. But physicians want to share this secret: "Everyone is on a diet whether he likes it or not."

Physicians explain, "for better or worse, we all maintain dietary patterns that affect our lives . . . simply by eating the same kind of foods everyday. Studies show that Americans eat too many foods high in saturated fats and choloesterol and that such a diet may lead to heart disease."

In terms of heart-health, our diet can either make us or break us. Medical experts have identified diet as a major risk factor of heart attack and stroke.

Excess levels of cholesterol in the blood can contribute to atherosclerosis, a form of hardening of the arteries. In this disease, cholesterol and other fatty deposits gradually build up inside the walls of the arteries. Over the years, these substances continue to accumulate and the channels grow narrow, cutting down blood flow. In the coronary arteries supplying the heart muscle, this process sets the stage for a heart attack, where heart cells die from lack of enough oxygen.

Fortunately, it may be possible to reduce the risk of heart disease through dietary control. As a matter of fact, you can be a gourment and conscious of your heart-health at the same time. The new edition of **The American Heart Association Cookbook** is dedicated to the pleasures of eating well while eating right.

The new edition has hundreds of low-fat, low-cholesterol recipes. The cookbook isn't a diet book, but is designed for eprsons who want to lose wieght as well as those who wish to maintain the same weight. Each recipe lists an approximate caloric value per serving.

Besides helping your heart and your waistline, low-fat low-cholesterol cooking also benefits your pocketbook. Poultry and vegetable proteins are generally less expensive than meats.

Rich, heavy desserts and whole milk products are in the same category as choice meats. Fancy cakes and sundaes are high in price and low in nutritional value.

Substitutes for these foods, such as skim milk and its by-products, fresh fruit for dessert and snacks, and fish and poultry in place of red meats are recommended.

Physicians also caution cosumers not to serve eggs more often just because they make for less expensive eating than other foods. Use egg whites - - they're good protein sources, but egg yolks are high in cholesterol. No more than three whole eggs should be consumed a week.

The Piedmont Heart Association offers free nutrition information as one of its many programs supported by Heart Fund contributions.

Please give generously when a volunteer calls on you.

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These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. Thousands have already been mailed, so write today to Dept. 9922, Beltone Electronics, 4201 W. Victoria St., Chicago, Ill. 60646.

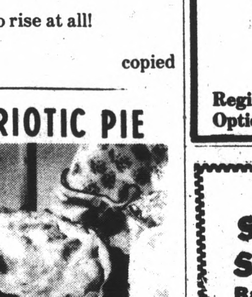
INSCRIPTION FOR THE CEILING OF A BEDROOM

Daily dawns another day;
I must up, to make my way.
Though I dress and drink and eat,
Learn a little,here and there,
Weep and laugh and sweat and swear,
Hear a song, or watch a stage,
Leave some words upon a page,
Claim a foe, or hail a friend -
Bed awaits me at the end.

Though I go in pride and strength,
I'll come back to bed at length.
Though I walk in blinded woe,
Back to bed I'm bound to go.
High my heart, or bowed my head,
All my days but lead to bed.
Up, and out, and on; and then
Ever back to bed again,
Summer, Winter, Spring, and Fall -
I'm a fool to rise at all!

copied

PATRIOTIC PIE



Nothing's more American than apple pie—especially perked up with old-fashioned maple syrup.

This is just one of over 250 recipes taken from *Cooking Measure For Measure*—the unique cookbook giving information on seven selected nutrients.

MAPLE APPLE PIE

Pastry for two-crust pie:
- 6 cups sliced pared apples
- 1 cup maple syrup
- 2 tablespoons flour
- 1 teaspoon cinnamon
- 1/2 teaspoon Morton Lite Salt® mixture
- 2 tablespoons unsalted polyunsaturated margarine
- Milk

Prepare pastry. Roll out bottom crust, fitting into 9-inch pan. Allow 1 inch overhang. Roll out top crust and set aside. Arrange apples into lined pie plate. Combine syrup, flour, cinnamon and salt. Pour over apples. Dot top with margarine. Cut slits in top crust to permit escape of steam. Cover pie. Seal and flute edges. Brush pie with a little milk. Place pie pan on a cookie sheet in oven. Bake at 425 degrees for about 50 minutes, or until nicely browned. Makes one 9-inch pie.

Per 1/7 Recipe: Calories 417, Carbohydrate 79 Gm., Protein 4 Gm., Fat 11 Gm., Sodium 248 mg., Potassium 343 mg., Cholesterol 0.

For the cookbook send $1.00, check or money order, to: *Cooking Measure For Measure*, Box 8208, Chicago, Il. 60680.

Morton Lite Salt is not a salt substitute and Should Not Be Used By Persons On A Sodium Or Potassium Restricted Diet Unless Approved By A Physician.

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Sat., Nov. 6
American Legion Hall
• BAZAAR SCHEDULE
10:00a.m. - Doors open
11:30-2:00 Lunch
12:30 - Mini-auction
2:30 - Afghan drawing
• GIFTS, TOYS, DRIED ARRANGEMENTS, PLANTS, CHRISTMAS DECORATIONS, PICKLES, JELLIES, BAKED GOODS,
• MINI-AUCTION ITEMS
Imported jewelry, chafing dish, hand-carved bird, hand-crocheted cape, ice bucket, Presto-burger, electric grill, candle snuffer, cheese board, relish dish, etc. etc.
• COME AND BROWSE, HAVE LUNCH, ATTEND THE AUCTION, AND DO YOUR CHRISTMAS SHOPPING ALL IN ONE DAY!
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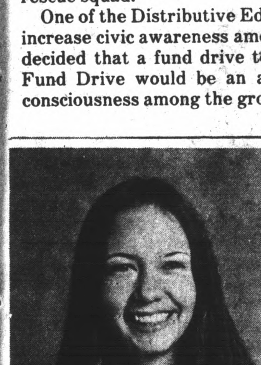
DECA DONATES DOLLARS

The Appomattox County High School D.E.C.A. Chapter donated $41.11 to the Appomattox County Rescue Squad Friday of last week. Members of the chapter made contributions in their distributive education classes during the month-long effort.

In the photo above, Bud Rosser, D.E.C.A. member, is shown presenting donation to Beck Hudson, member of the local rescue squad.

One of the Distributive Education Clubs of America aims is to increase civic awareness among its members. The local chapter decided that a fund drive to coincide with the Rescue Squad Fund Drive would be an appropriate way of showing civic consciousness among the group.



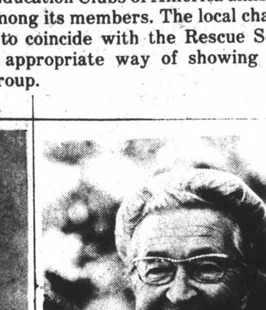
Samdy Jamerson

FHA Girl of the Month

The Girl of the Month Committee for the FHA chapter at Appomattox County High School announced during the regular monthly meeting that Sandy Jamerson had been chosen FHA Girl of the Month for October.

A senior at Appomattox County High School, Sandy has been very active in FHA activities. She attended the State Convention and the summer planning meeting for the Federation. She helped on the Homecoming Float and is a member of the Welfare Committee. She is chairman of the Finance Committee, Chapter, Chapter Treasurer, and Federation President. Sandy is the daughter of Mr. and Mrs. Kenneth W. Jamerson of Spout Spring.

DRIVE SAFELY & LIVE



New Film Features Carrie Ten Boom

"CORRIE: Behind the Scenes with THE HIDING PLACE*" a new full-length color release from World Wide Pictures, will be shown at Gladstone Baptist Church, Gladstone, Va. on November 7, 1976. A single showing is scheduled to begin at 7:00 p.m.

THE HIDING PLACE, a true story filmed in Holland and other European locations, is based on the experiences of Corrie ten Boom, who, with her father, sister, and brother, provided refuge for countless Jewish families. A secret room was constructed in their home as a hiding place for use during Gestapo raids. the ten Boom's activities were discovered, and they were sent to prisons and concentration camps.

According to Kenneth Bliss, Director of Distribution for World Wide Pictures, **THE HIDING PLACE** has been extremely well-received, both by audiences and film critics. **"CORRIE** was produced to give people who have seen **THE HIDING PLACE** or read her many best-selling books an opportunity to hear her share many of her memories about her life in Holland, her family, and her lifetime of service to others."

Bliss added that the film "offers a great lesson in the perserverance of a personal faith in a very dark and trying period of world history. Corrie ten Boom, now in her eighties, has a tremendous vitality, a deep spiritual committment, and a profound love for her fellow man. We believe we have succeeded in transmitting a part of her zest, personality, and source of strength through this film."

Bliss noted that the film includes "interesting sidelights on the experiences of the cast and crew during the filming of **THE HIDING PLACE.**"

The Reverend James N. Williams, pastor of Gladstone Baptist Church stresses that the showing of "Corrie" is open to the public free of charge. "We encourage families to plan to attend together, for what we believe will be a memorable experience," he concluded.

Then And Now

By Frances Paulette

"Steak Dinner"

A newspaper office has many visitors - - - as varied as they are frequent. Among our "regulars" who drop by from time to time to say 'hello' and brighten our day is a very special person. Though petite in statue, when it comes to caring for people, and taking the time to be a friend - - she is gigantic!

This visitor, a retired businesswoman, is Mrs. Harry G. Johnson. The former Gladys Patteson, she was born and reared in the County of Appomattox and spent her early years of marriage in the town of Appomattox.

Just a few days ago Mrs. Johnson came by on her way to the grocery store. We got to talking about all of the changes she has seen in her lifetime. While she lives very much in the NOW, she remembers very well the days of THEN!

Mrs. Johnson easily recalled shopping for meat for the family dinner in the early 1920's. While there were no modern up-to-date supermarkets such as we have today in Appomattox, she did have a very dependable meat market. LeGrand's Meat Market it was called and was located approximately where the railroad station building now stands.

After deciding that the meat for Sunday dinner would be steak, chosen from the locally slaughtered choice beef Mr. LeGrand offered for sale, she made another decision. She would buy enough for a bountiful meal, seconds for herself and for her husband; after all he was doing well and could easily afford the 25c that would be the total cost of the meat. Unbelieveable, you say? Not in the days of THEN!

This decision behind her, Mrs. Johnson went next door to finish shopping for her family meal - - to the well-stocked store of L. E. Smith, Groceries and General Merchandise.

Next week we'll delve a little further back into the days of THEN, around 1908, and pay an imaginary visit to the Smith Store and see what bargains we can find for the family. Won't you join me?

County Line

A large crowd attended the movie that was shown at Central Church Sunday night.

Mr. and Mrs. Walter Jordan visited Mr. and Mrs. Frank Fleshman one day last week.

Mr. and Mrs. Elisha Jones, of Richmond, visited Mr. and Mrs. Vernie Jones Saturday evening.

We're glad to hear that Mrs. Minnie Slusher of Lynchburg, is improving after an illness. Mrs. Slusher is the daughter of Mr. Floyd Smith.

Mrs. Harry Cyrus fell and broke her hip. She's the sister-in-law of Mrs. Emery Mullins. We wish for her a speedy recovery.

Week end visitors of Mr. and Mrs. Richard Nash were Mr. and Mrs. Winifred Nash and Wendy, Mr. and Mrs. Ray Layne and Missy, Mr. and Mrs. Clarence Gobble and Mr. Herman Guill and Mr. and Mrs. David Carson and Susan.

Week end guests of Mr. and Mrs. Elliott Nash were Mr. and Mrs. George D. Nash and family, Mr. and Mrs. Loyd Nash and Tina, Mr. and Mrs. Cecil Nash and Jennifer, Mrs. Jimmy Howard, Dean, Leon and Stacy.

Miss Cheryl Buchannan spent the week end with Miss Sharron Davis.

PAMPLIN ELEMENTARY CAFETERIA MENU

Mon., Nov. 8 - Fish squares, buttered corn, chilled tomatoes, hush puppies, milk.

Tues., Nov. 9 - Hamburgers/bun, creamed potatoes, turnip greens, milk.

Wed., Nov. 10 - Peanut butter sandwich, green beans, sliced peaches, milk.

Thurs., Nov. 11 - Western steak pattie, french fries, orange juice, sliced tomatoes, rolls, milk.

Fri., Nov. 12 - Spagetti, mixed greens, fruit, cookie, rolls, milk.

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ARMOUR STAR BACON 12 OZ. PKG. 99¢	U. S. Choice CHUCK ROAST 59¢ LB.
VALLEYDALE Sausage LB. 65¢	VALLEYDALE HONEE WEENIES 89¢ LB.
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WHOLE Pork Loin (14 to 17 LB.) 89¢ LB.	GUNNOES WHOLE HOG Sausage $1.14 LB.
LETTUCE 39¢ Head	KELLOGGS POP TARTS 49¢ Pkg.
SWEET POTATOES 14¢ LB.	Kraft American CHEESE 16 Slice Singles 99¢ 12 OZ.
Flowers BISCUIT ROLLS 16 Ct. Pkg. 3/$1.00	KELLEY'S BEEF STEW, VIENNA SAUSAGE or CHILI 3 for $1.00
CHATHAM CHUNK DOG FOOD 50 LB. Bag $6.89	Ocean Spray JELLY or Whole CRANBERRY SAUCE 16 Oz. Can 29¢

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